



Discovery Camp Lunch Menu

Summer 2026

Please review the menu and ingredient information below. If your child has food allergies or dietary restrictions, contact the camp team before ordering.

Weekly Menu

Day	Lunch	Details
Monday	Pizza, Veggies & Dip	7-inch cheese pizza with butter-flavoured oregano and parmesan crust, served with fresh vegetables and ranch dip.
Tuesday	Grilled Cheese, Veggies & Dip, Jello	Grilled Texas toast with cheddar, served with fresh vegetables, ranch dip and Jello.
Wednesday	Chicken Fingers & Fries, Fruit Cup	Breaded chicken strips served with fries, a choice of plum or BBQ dipping sauce and a fruit cup.
Thursday	Penne Marinara, Garlic Bread, Veggies & Dip	Penne pasta with marinara sauce on the side, served with garlic bread, fresh vegetables and ranch dip.
Friday	Turkey Wrap & Miss Vickie's Potato Chips	Sliced turkey with mayonnaise, cheddar cheese, lettuce and tomato wrapped in a flour tortilla, served with a bag of Miss Vickie's potato chips.

Week 5 note: The week starting August 4 will serve the Monday through Thursday lunch menu only.

Quick Allergen Reference

This summary is based on the supplied ingredient information. Please review the full ingredient list that follows for product-level details.

Day	Contains	May contain
Monday	Wheat, sulphites, milk, eggs, soy	Milk, soy
Tuesday	Soy, wheat, milk, eggs	Sesame
Wednesday	Wheat, mustard, sulphites	Eggs, soy
Thursday	Wheat, milk, eggs	Soy
Friday	Wheat, eggs, milk	Eggs

Ingredient List

Monday - Pizza with Veggies & Dip

Pizza crust

Ingredients: Enriched unbleached wheat flour (contains barley), water, yeast, sugar, soybean oil, salt, guar gum, enzymes (protease, amylase), added sulphiting agents.

Contains: sulphites, wheat. May contain: milk, soy. Attributes: kosher, vegetarian, vegan.

Sauce

Ingredients: Fresh vine-ripened tomatoes, sea salt, soybean oil, spices, garlic powder, extra virgin olive oil, citric acid. Attributes: gluten free, halal, kosher, free from nuts, vegetarian, vegan.

Pizza cheese

Ingredients: Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, cellulose, natamycin.

Contains: milk. Attributes: made in Canada.

Margarine (Whirl)

Ingredients: Soybean oil, hydrogenated soybean oil, salt, soy lecithin, artificial and natural flavour, beta carotene (colour), hydrolyzed soy protein, autolyzed yeast extract.

Contains: egg, milk, soy.

Spices

Ingredients: Oregano and parmesan sprinkled on the crust.

Ranch dip

Ingredients: Water, soybean and canola oil, vinegar, sugar, egg yolks, salt, modified cornstarch, modified milk ingredients, xanthan gum, yeast extract, dried garlic, sorbic acid, dried onions, natural flavour, phosphoric acid, spices, dried parsley, calcium disodium EDTA, silicon dioxide.

Contains: milk, eggs. Attributes: made in Canada.

Tuesday - Grilled Cheese with Veggies & Dip & Jello

Texas toast

Ingredients: Enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, defatted soy flour, soybean and/or canola oil, calcium propionate, diacetyl tartaric acid esters of mono and diglycerides, sodium stearoyl-2-lactylate, vegetable monoglycerides. May contain sorbic acid.

Contains: soy, wheat. May contain: sesame. Attributes: made in Canada.

Margarine (Whirl)

Ingredients: Soybean oil, hydrogenated soybean oil, salt, soy lecithin, artificial and natural flavour, beta carotene (colour), hydrolyzed soy protein, autolyzed yeast extract.

Contains: egg, milk, soy.

Cheddar cheese

Ingredients: Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, annatto.

Contains: milk. Attributes: made in Canada.

Ranch dip

Ingredients: Water, soybean and canola oil, vinegar, sugar, egg yolks, salt, modified cornstarch, modified milk ingredients, xanthan gum, yeast extract, dried garlic, sorbic acid, dried onions, natural flavour, phosphoric acid, spices, dried parsley, calcium disodium EDTA, silicon dioxide.

Contains: milk, eggs. Attributes: made in Canada.

Jello

Ingredients: Sugar, beef gelatin, fumaric acid, potassium citrate, adipic acid, salt, artificial flavour, amaranth, sunset yellow FCF.

Attributes: made in Canada.

Wednesday – Chicken Fingers & Fries with Plum or BBQ Sauce & Fruit Cup

Chicken

Ingredients: Chicken breast, water, wheat flour, canola oil, whole grain wheat flour, modified corn starch, toasted wheat crumbs, salt, spices, sugar, baking powder, spice extracts, garlic powder, natural flavour.

Contains: wheat. May contain: eggs, soy. Attributes: made in Canada.

Fries

Ingredients: Potatoes, vegetable oil (canola and/or soybean and/or cottonseed and/or sunflower and/or corn), sodium acid pyrophosphate, sugars (dextrose).

BBQ sauce

Ingredients: Sugars (glucose-fructose, blackstrap molasses), water, tomato paste, vinegar, prepared mustard (water, vinegar, mustard seed, sugar, salt, spice), salt, seasoning (contains sulphites), spice extracts and spice, mustard bran, sodium benzoate, caramel, garlic powder, natural flavour, onion powder.

Contains: mustard, sulphites. Attributes: made in Canada, kosher.

Plum sauce

Ingredients: Sugars (sugar/glucose-fructose, plum puree), water, pumpkin, modified corn starch, vinegar, salt, citric acid, sodium citrate, xanthan gum, sodium benzoate, garlic and onion powders, spices, caramel.

Attributes: made in Canada, kosher.

Mixed fresh fruit

Ingredients: Mixed fresh fruit.

Thursday – Penne Pasta (marinara on the side) with Veggies & Dip & Garlic Bread

Penne

Ingredients: Durum wheat semolina, niacin, ferrous sulphate, thiamin, riboflavin, folic acid.

Attributes: made in Canada.

Marinara

Ingredients: Fresh vine-ripened tomatoes, soybean oil, sea salt, sugar, dehydrated onion, dehydrated garlic, spices, spice extractives, citric acid.

Attributes: gluten free, halal, kosher, free from nuts, vegetarian, vegan.

Garlic bread

Ingredients: Bread: enriched wheat flour, water, soybean oil, yeast, sugar, salt, calcium propionate, microbial enzymes.

Spread: soybean oil, water, dried garlic, modified palm oil, whey powder, salt, mono- and diglycerides, citrus fibre, natural flavour, dried parsley, beta-carotene.

Contains: milk, wheat. May contain: soy. Attributes: made in Canada.

Ranch dip

Ingredients: Water, soybean and canola oil, vinegar, sugar, egg yolks, salt, modified cornstarch, modified milk ingredients, xanthan gum, yeast extract, dried garlic, sorbic acid, dried onions, natural flavour, phosphoric acid, spices, dried parsley, calcium disodium EDTA, silicon dioxide.

Contains: milk, eggs. Attributes: made in Canada.

Friday - Turkey Wrap & Miss Vickie's Potato Chips

Turkey

Ingredients: Turkey breast, water, salt, potassium lactate, flavour, dextrose, sodium phosphate, spices, sodium diacetate, carrageenan, ascorbic acid, sodium nitrite, smoke and smoke flavour.

May contain: eggs. Attributes: made in Canada.

Flour tortilla

Ingredients: Wheat flour, water, canola oil, salt, soybean oil, mono- and diglycerides, sodium acid pyrophosphate, calcium propionate, potassium sorbate, potassium bicarbonate, calcium lactate, fumaric acid, potassium chloride, seasoning (autolyzed yeast, ammonium chloride), guar gum, monocalcium phosphate, L-cysteine hydrochloride, amylase.

Contains: wheat. Attributes: made in Canada, kosher, vegan.

Mayonnaise

Ingredients: Canola oil, water, liquid whole egg, white vinegar, liquid egg yolk, salt, sugar, concentrated lemon juice, calcium disodium EDTA, spices.

Contains: eggs. Attributes: made in Canada, gluten free, kosher, free from nuts, vegetarian.

Cheddar cheese

Ingredients: Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, annatto.

Contains: milk. Attributes: made in Canada.

Lettuce & tomato

Ingredients: Lettuce and tomato.

Miss Vickie's regular chips

Ingredients: Specially selected potatoes, vegetable oil, sea salt.

Attributes: made in Canada.